

How are non-caloric sweeteners related to energy intake and body weight? (DGAC 2010)

Conclusion

Moderate evidence shows that using non-caloric sweeteners will affect energy intake only if they are substituted for higher calorie foods and beverages. A few observational studies reported that individuals who use non-caloric sweeteners are more likely to gain weight or be heavier. This does not mean that non-caloric sweeteners cause weight gain, rather that they are more likely to be consumed by overweight and obese individuals.

Grade: Moderate

Overall strength of the available supporting evidence: Strong; Moderate; Limited; Expert Opinion Only; Grade not assignable For additional information regarding how to interpret grades [click here](#).

Evidence Summaries

What is the evidence that supports this conclusion? For more information, click on the Evidence Summary link below.

 [How are non-caloric sweeteners related to energy intake and body weight?](#)

Search Plan and Results

What were the search parameters and selection criteria used to identify literature to answer this question? For more information, click on the Search Plan and Results link below.

[How are non-caloric sweeteners related to energy intake and body weight?](#)